



ARLINGTON CENTRAL
SCHOOL DISTRICT

ARLINGTON

Continuing Adult/Community Education Program Winter/Spring 2021 Course Schedule

Welcome to Arlington's Continuing Adult/Community Education Program. We are proud to offer the following classes to Arlington and area resident adults, children, teens, and seniors.

In these strange times, due to COVID restrictions, and while we need to maintain social distancing, we have decided to hold ALL of our classes virtually. It's the next best thing to being here!

You will need a phone, laptop, computer, or tablet with camera access in order to participate in these classes.

Once you are registered, you will get an invitation to join a ZOOM class along with a password. It will only be good for one person, for one course.

If you have any questions or would like to teach a class, feel free to call:

Karen Turcio, Coordinator
845-486-4860 x 32102



Look for these happy faces for classes designated for elementary and middle school aged students. Parents/Guardians must escort students to and from classroom but are not required to stay.

PERFORMING ARTS



Guitar

Tim Holmes

Learn the basics of rhythm and lead guitar including tuning, tablature, chord progressions, riffs, strumming patterns, basic finger-style and 12 Bar Blues. *Students will need an acoustic guitar, a tuner and some picks.*



\$140 • Tues 1/26 - 3/16

Guitar for Kids (ages 10-14)

Course #7241 • 5 - 5:50pm

Guitar for Beginners (HS and Adult)

Course #7242 • 6 - 6:50pm

Guitar Level II (HS and Adult)

Pre-Requisite Beginner Course or other experience

Course #7243 • 7 - 7:50pm

\$140 • Tues 4/6 - 5/25

Guitar for Kids (ages 10-14)

Course #7244 • 5 - 5:50pm

Guitar for Beginners (HS and Adult)

Course #7245 • 6 - 6:50pm

Guitar Level II (HS and Adult)

Pre-Requisite Beginner Course or other experience

Course #7246 • 7 - 7:50pm

Line Dancing

Dance away stress & worry during Colleen Axelrod & Aisha Phillips' Line Dance



Parties. Once you are registered, you will get an invitation to join a ZOOM class along with a password. It will only be good for one person, for one course.
\$100 • Thursdays • 1/21 - 3/11

Beginner Line Dance Party

This beginner class teaches the fundamental steps of Line Dancing while having a seriously, ridiculous fun time! No experience needed – A good excuse to put the tree away just clear the floor, put your dance shoes on, and get ready to boot scoot boogie!

Course #7441 • 6 - 7:15pm

Improve Line Dance Party

The Thursday Night Dance Party continues on into the night with our improver class! This class is for experienced dancers who want to improve their skills learning more complex dances while still having serious ridiculous fun!

Course #7443 • 7:30 - 8:45pm

\$100 • Thursdays • 3/18 - 5/13

Beginner Line Dance Party II

Keep the party going! Beginners will continue where they left off learning new dances and techniques – all to get ready for the Improver class!

Course #7442 • 6 - 7:15pm

Improve Line Dance Party II

Keep the Thursday Night Dance Party moving on into the night! Improvers will continue where they left off improving their skills and learning more complex dances; all the while having serious ridiculous fun!

Course #7444 • 7:30 - 8:45pm

PERSONAL ENRICHMENT

NOTARY PUBLIC REVIEW WORKSHOP

Victor Bujanow, CIC

This workshop and is a must for those preparing to take the New York State Notary Public test. It will provide you with a comprehensive view of the Notary Public office including becoming fully aware of the authority, duties and responsibilities involved in becoming a Notary Public Officer and to illuminate situations that a Notary Public officer is likely to encounter, including avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer an attorney, and minimizing legal liability. **This class is for test preparation only.** An 80 question Practice Exam which attempts to emulate the actual New York State mandatory exam will be given. All materials will be provided including text and website links to NYS Department of State licensing information, booklets and forms. *A one-time \$15 examination fee is required payable to the Department of State at the time you register for the exam at the test center. Upon passing the exam, students will receive an application form to submit with a \$60 license fee (good for 4 years).*
\$54 • 5:30 – 8:30pm
Choose:
Course #7471 • Thu 1/28/21
Course #7276 • Tue 4/20/21

Preparing for Taxes, Tax Planning in the Four Stages of Retirement, Social Security

*The decisions you make today can have a tremendous bearing on the total amount of benefits you stand to receive over your lifetime. Join Jean Riordan, CFP®, MBA, CLTC. **** pending BOE approval) for this valuable workshop designed especially for baby boomers. All classes are free of charge and run on **Tuesdays from 6 – 8pm.***

Financial Planning Checklist

To better position yourself for financial success, here's a checklist of the major tasks you should work through, to strengthen your financial future and plan for different stages of life.
Course #7271 • 1/26

Preparing for Taxes

Everyone's tax situation is different. Everyone's situation is unique. In this course you will understand how the new tax changes will impact you and your family. It will help you identify important questions you'll need to answer as you take up the challenge of understanding what the tax rules mean to you.

Course #7272 • 2/23

Tax Planning in the Four Stages of Retirement

In retirement your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. Attend this workshop to learn what you should do and what you should avoid when it comes to taxes before and during retirement.

Course #7273 • 3/2

Social Security

Prepare for your retirement and learn how to get the most out of your social security benefits; how to navigate the decisions surrounding the program, including understanding your options, how to get started, how to maximize your benefits and more.

Course #7274 • 4/20



Prepare, Respond, Recover: What to do When Disaster Strikes

The American Red Cross Eastern New York Region offers a variety of virtual programs to help adults and children better prepare for emergencies. Students will need a chromebook, laptop or computer to participate. Zoom links will be sent to students a few days before classes so they can participate. **Saturdays**

Prepare with Pedro Grades K - 2



Prepare with Pedro provides an introduction for students in grades K-2 to the concept of emergency preparedness in a fun and educational way. Using storytelling, students will understand what it means to prepare, perform protective actions based on the emergency, learn and practice a coping skill, and being able to share what they learned with household members.

Course #7671 • 2/13 • 9:30 - 10:15am

The Pillowcase Project

The Pillowcase Project is a preparedness education program for grades 3-5 that teaches students about personal and family preparedness and safety skills, local hazards, and basic coping skills. Red Cross volunteers lead students through a "Learn, Practice, Share" framework to engage them in disaster preparedness and survival skills.



The Pillowcase Project Grades 3 - 5

Course #7672 • 2/20 • 9:30 - 10:15am

The Pillowcase Project Grades 6 - 8

Course #7673 • 3/6 • 9:30 - 10:15am

Citizen Preparedness Corps Training

Prepare, Respond, Recover: What to do When Disaster Strikes. The presentation provides residents with the knowledge and tools to prepare for emergencies and disasters, respond accordingly, and recover to pre-disaster conditions as quickly as possible. Such topics include how to create a family evacuation plan, assemble emergency supply kits, steps to take care of your family and community and more.

Course #7674 • 3/20 • 9:30 – 11am

Activities that Increase Cognitive Acuity and Ward off Dementia and Alzheimer's

Esther Odescalchi

The lecture is a synopsis of a 21 year long major study by the Albert Einstein College of Medicine to find out if any physical or cognitive recreational activities influenced mental acuity. These included reading, writing, doing crossword puzzles, playing musical instruments, and physical activities, such as tennis, golf, swimming, bicycling, dancing, walking etc. The research concludes that frequent free-style social (ballroom) dancing offers the most protection against dementia and Alzheimer's disease. Why? Because dancing integrates several brain functions at once such as kinesthetic, rational, musical, and emotional. And it encompasses rhythm, motion, music and mathematics in a pleasurable atmosphere, offering social intercourse, romance and memory training. In other words, *Dancing makes you smart!*

Course #7275 • Tue 2/9 • 7 - 8pm

HEALTH, FITNESS & WELL-BEING

For all fitness classes, bring a water bottle and towel. Wear loose fitting, comfortable clothing and sneakers.

I - Liq (Tai Chi) Chuan

Sam F.S. Chin

Combine the art consisting of Taoist principles found in Tai chi Chuan, a-Kua, Hsing-Yi, and I-chuan practice (chi flow, balancing, yin and yang) with Zen concepts of mindfulness and awareness. Learn to attain a clear mind and relax every joint to release physical and mental blockages for better health. Chi brings improvement in overall health and an awareness of your strength, your limits, and the ability to use this understanding for self-defense. I-Liq Chuan benefits the whole nervous and intrinsic systems to bring total control, harmony and awareness to mind and body.

\$72 ▪ Tuesdays ▪ 7 - 8pm
Course #7263 ▪ 1/26 - 3/16/21
Course #7264 ▪ 3/23 - 5/11/21



Tanya Bracero

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: We want you to want to work out, to love working out, and achieve long-term benefits while having an absolute blast in one exciting hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! For men and women of all ages, all levels, this workout is great for your body and your heart. You'll burn calories, lose weight, laugh and have a fun time while working with a variety of Latin rhythms. No dance experience necessary.

\$68 ▪ Saturdays ▪ 10am - 11am

Choose:

Course #7666 ▪ 2/3 - 3/27

Course #7667 ▪ 4/3 - 5/22



YOGA

Gina Luna-Maserjian

These 60 minute online classes include pranayama, meditation, asana, and relaxation; folding all the essentials and benefits needed for a good Yoga foundation, including important tips to tailor your Yoga practice for your individual needs. Registration must be received 2 weeks prior to start of course as class size is limited.

Yoga for all Levels

Course will cover yoga basics and essentials for a full yoga practice consisting of: meditation, stretching, toning & strengthening, yoga asana and relaxation. Learn fun and playful ways to be with yourself on and off the mat while increasing your flexibility and strength, both emotionally and physically. Students should create a yoga space, close enough to a wall, if possible, and will need a sticky mat, 2 blocks, 1 strap, 2 yoga blankets, or large towels, or cushion.

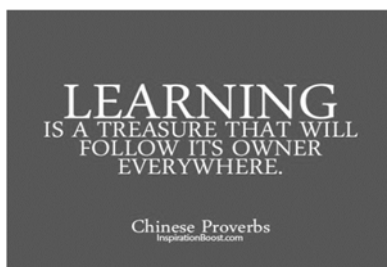
\$46 ▪ Wed ▪ 4 - 5pm
Course #7361 ▪ 1/6 - 1/27

\$138 ▪ Wed ▪ 4 - 5pm
Course #7363 ▪ 3/17 - 6/2

Restorative Yoga

Allow yourself the gift of the benefits of a restorative yoga practice. Using the support of your props you will find your body to release, tension melt away, and a deep sense of relaxation, balance and well-being. As you let go, the breath becomes fuller, your body releases and tension melts away for a peaceful connection with yourself. Students should create a yoga space, close enough to a wall, if possible, and will need a sticky mat, 4 yoga blankets, 1 bolster, 2 blocks, 1 strap, and a chair for the class.

Course #7462 ▪ 3/18 - 6/3
\$138 ▪ Thu ▪ 4 - 5pm



Belly Dancing

AYLEEZA (Lisa Quatrocchi)

Celebrate womanhood as you learn the ancient art of belly dancing. Suitable for woman of all ages, sizes, shapes and backgrounds, physically, this course will challenge you to strengthen your buttocks, abs, thighs and arms and to extend your posture while boosting your spirit and confidence. Be prepared to dance in bare feet. Have you been curious about taking a dance class or advancing further in the art of belly dance but have been too concerned with whether you're up to the task. Through class interaction, emotional movement pieces and feedback we will create a bridge into our powerful dancing self.

Course #7461 ▪ Thu 4/8 - 5/27
\$110 ▪ 6:30 - 7:45pm



SPORTS



Baton Twirling (5 - 12 yrs old)

Allison Stuart



Twirling is the fun and unique sport that enhances coordination and fine motor skills and fosters sportsmanship, goal setting, memory skills and exercise. Twirlers will learn skills and routines in small groups via ZOOM. Registrations are due by January 25 so that batons (\$25 payable to instructor) can be ordered prior to the start of class. *Payment and distribution of batons information will be emailed to students once registered.* Course fee is \$60 for the spring semester and is due with registration. *Registration and payment for Part II of this course will begin February 2 will be due in early January.* Course #7205 ▪ Tues 2/2 - 5/11
\$60 ▪ 6 - 6:45pm



DRIVER SAFETY

Registration for these classes is due 3 days prior to class to guarantee class and placement. You will need to have your permit and a pen available for class.

5 hour Pre-Licensing Course

David Gatta

This course is mandated by New York State Department of Motor Vehicles for all New York State permit holders. Every student needs to obtain a NY State Driver's Permit and bring it with them to class. Course will result in the issuance of MV-278 form, which is needed for road test appointment.

Weekday classes:

\$30 ▪ Mondays ▪ 3:30 - 8:30pm
Course #71552 ▪ 2/8/21
Course #71553 ▪ 3/22/21
Course #71554 ▪ 4/12/21
Course #71555 ▪ 4/26/21
Course #71556 ▪ 5/10/21
Course #71557 ▪ 6/14/21

Register online:

<https://arlingtonschools.revtrak.net>

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You will need a phone, laptop, computer, or tablet with camera access in order to participate in these classes. Once you are registered, you will get an invitation (in ample time) to join a ZOOM class along with a password. It will only be good for one person, for one class. Check the webpages out throughout the semester for class additions.

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